

CONTENTS

Introduction 1

PART ONE: ENERGY 3

1. Use your breath to arouse and relax your genitals 7
2. Retrain your nervous system 10
3. Use your tongue like a circuit breaker 26
4. Use your eyes to direct energy 30

PART TWO: ORGASM 35

5. Bypass ejaculations for greater pleasure 47
6. Retrain the addiction to ejaculation 54
7. Curb fidgets 59
8. Good ejaculations liberate energy 61
9. Optimize ejaculations to maximize life's depth 67
10. Ejaculate when the body needs to 72
11. Understand the three types of women's orgasms 77
12. Enjoy clitoral orgasms 80
13. Delight in vaginal orgasms 83
14. Surrender in the bliss of cervical orgasms 90
15. Choose when to orgasm 98
16. Allow orgasmic variation 100

PART THREE: VARIATIONS 105

17. Stimulate the sex paths 112
18. Bite, slap, and pinch to move stagnant energy 114
19. Move energy through the lips, nipples, and genitals 117
20. Stimulate the anus 119
21. Do the feet 122
22. Thrust both deep and shallow 125
23. Connect the cervix and penis 130
24. Vibrate quickly to increase and smooth out energy 133
25. Relax your body and breath 135
26. Make love for at least forty-five minutes 139

PART FOUR: SEXUAL ENERGY EXERCISES 145

27. Breathe sexual energy in a circle 149
28. Breathe genital energy up 152
29. Breathe energy down the front 155
30. Seal your pelvic floor 159
31. Lock energy in your soft parts 163

Conclusion 167

About Sounds True 171

David Deida Resources 173

About the Author 177

INTRODUCTION

Good artists are skilled, but *great* artists convey an immense depth of feeling through their expertise. The same goes for the art of sex. A good lover knows how to make the body sing. But a great lover, a *superior* lover, evokes a vast choir of bliss.

A good orgasm is satisfying, but a great orgasm can be a revelation of your deepest being, unfolding the bright truth of who you are in ecstatic communion with your lover. Sex can be a way of magnifying love's light through every cell, shining beyond fear, melding your hearts in the infinite radiance of being. Sex can be *enlightened*—or not.

Most of us bring our problems to bed with us: the tension from a stressful day, our past history of sexual failure, our need to be reassured that we are loved. As we bring light to every aspect of our sexuality, these kinds of difficulties are used to reflect our next place of opening, physically, emotionally, and spiritually. Every quandary is illuminated and unfolded by love's radiant presence. Every tussle is seen with wide-open eyes, embraced, accepted, and understood to be a potential doorway to the true desires of our soul.

The Enlightened Sex Manual shows how to transform the often willy-nilly flow of stimulated genital energy into a profound depth of feeling, openness, and embodied ecstasy. Sexual energy can fill your body with light, blow your mind with bliss, and melt all difference in an endless love that radiates as one heart.

When sexual energy emanates from its spiritual source, your cells are enlivened and your spirit rejuvenated by the same force that might otherwise have been thrown off in more trivial shivers and shakes. When you meld sexual intensity with open-hearted

depth, your bliss grows spontaneously, fertilized by the forces of your fears, hopes, and anxieties.

You can allow the light of your soul to shine through the sexual play of your body, as long as you know how to deal with the habits that would otherwise prevent your enlightened loving. The practices presented in this book allow you to develop your sexual skills as gifts of spiritual rapture.

Part One describes how to circulate your internal energy so deep relaxation, delightful sensuality, and open-hearted loving can infuse your lovemaking with joy. Part Two focuses on ways for men and women to enjoy multiple, whole-body orgasms that serve as remembrances of your deepest and most effortless bliss of being. Part Three presents a range of techniques to enhance the fullness of sexual pleasure and spiritual openness. Part Four offers more advanced practices for those readers who wish to continue growing in their sexual capacities.

The practices in this book are presented for all partners in all relationships: men and women, gay and straight. At times, we will talk in terms of “masculine energy” and “feminine energy,” which partners of either sex can choose to offer—perhaps even taking turns—to work with the polarities of attraction in both same-sex and opposite-sex relationships. At other times, we will illustrate specific techniques using examples that involve a man and a woman. But as you read, you will be able to experiment, modify, and apply the practices to your own sexual situation, while walking your unique path as a superior lover.

Part One: Energy

Love's light seeks expression through our bodies, one way or another. But our sexual gift of deepest love is sometimes limited by a more superficial part of us: our emotional resistance, our fear of opening as the deep love that is our true nature.

We resist opening without limits because our superficial self wants to feel itself as *something*—even a tense, unfulfilled something—rather than *nothing*, sheer openness, love without borders, deep being without end.

Infinite love is who we really are and who we refuse to be. *This refusal is our most essential tension.* Our bittersweet sex life is a clear reflection of this push-me-pull-you drama between our deep desire to be open as love and our reflexive clench for safety and superficial self-esteem.

In sex, we desire to lose our superficial self completely in overwhelming bodily joy, but we also fear this loss of self. We long to merge with our lover so deeply that our vulnerable hearts are one light, but we also resist this oneness. We ache to let go of all protection and enter nakedly into unguarded love, but we are also afraid of this vulnerability.

We yearn and hesitate to give our deepest depth of being—which is God's depth—through sexual love. This openness of being is all there is and who we are, and yet we stand divided and protected. We refuse to trust.

Our refusal to trust is often grounded in the past: We were abused as a child. We were jilted by an ex-lover. Our partner has been selfish, distracted, closed down, or insensitive.

It is very important to address these realities in our lives through intervention, communication, therapy, supportive friends, wise teachers, and our own personal inquiry and exploration. In addition, it is often necessary to protect ourselves—physically and emotionally—from abusive and destructive relationships.

Even so, we eventually learn that emotional closure is our own action. We can be responsible for it. In any moment, we can choose to open or to close. *Nothing outside of us has the power to limit our capacity to give and receive love.* Even while pointing out perpetrators and working to heal the wounds we have suffered in the past, if our heart is not open, we are simply refusing to trust the deepest depth of our being. We are refusing to express our open and infinite nature. We are refusing to live as love in this present moment.

Love's light wants to express itself through our bodies. But even though our deepest self wants to open and live as love, our superficial self is afraid. So we hold back the spontaneous and powerful expression of love flowing through our bodies. We do this primarily by suppressing our breath.

Breath is the way our bodies make love with God. When we are willing to be love, then we are willing to breathe love. When we are unwilling to be love, when we resist the spontaneous expression of our deep and natural openness of being, then we suppress our breath. Our belly constricts. Our heart tightens. Inside, we tie ourselves in knots and become endarkened. Our entire body clenches the flow of energy that wants to shine through us. We suffer our refusal of divine openness. We suffer our refusal to live as love.

The fantasy of instant perfect sex may sell, but in reality it takes practice to undo the kinks we have spent years crimping into our bodies and emotions. Enlightened sex is a way to unbind the knots we have tightened around our heart so we can live free as love. Opening our breath is a key to untying our internal knots so that our love can fully express itself.

We can begin to open by learning to feel love's light as sexual *energy*. What does your internal sexual energy feel like?

Imagine that you come home after a day of working, tired. You lie down on the sofa and relax. You feel like you could lie there forever. Your lover walks over and sits next to you, gently rubbing your shoulders. After kneading your muscles, your lover trails his or her fingertips lightly up and down your neck, leaning over and kissing you. Your lover continues massaging you, kissing your neck, your ears, your lips.

Your breathing deepens. You begin to feel some energy moving within your body. Your lover runs his or her hands down your thighs to your feet. After massaging your feet for a while, your lover takes your toes into his or her mouth, one at a time, and sucks them gently.

You look into your lover's eyes and feel them filled with love and openness. You feel like you are being drawn into a garden of love. A few moments before, your body was exhausted and empty, a worn husk. Now, your body is filled with delight, moving with energy, breathing deeply, percolating with happiness, writhing and alive.

Your lover kisses his or her way up your feet, up your legs, up your belly to your chest. Unbuttoning your shirt, your lover kisses your nipples, and then you press your bodies together. Your lover's tongue licks your neck.

Strong energy moves through you now. Your breath is full and deep. You feel wide awake. Your pelvises are rocking together, your spines undulating, your flesh pulsating.

How can you continue to enlarge the flow of sexual energy, enjoying many whole-body orgasms, rejuvenating yourselves, opening your hearts, and surrendering as one in blissful loving? The first step involves understanding how your breath and sexual energy intertwine.

1 USE YOUR BREATH TO AROUSE AND RELAX YOUR GENITALS

Although there are many subtle aspects to your breath, two major sexual functions are the reception and release of energy. When you *inhale*, you are opening yourself and *receiving* breath and energy into your body. When you *exhale*, you are letting go and *releasing* energy. When you are born, one of your first acts is to inhale, drawing breath into the body. When you die, one of your last acts is to exhale, releasing all hold on this life. The birth and death of your genital arousal is a similar process.

Your inhalation feeds energy down into your genitals. Men who have difficulty getting or maintaining an erection and women who have dry or painful vaginas are often weak inhalers. They have difficulty receiving energy and emotion. Their belly is not open and alive, able to expand with breath energy as the full inhalation brings force down the front of their body to the genitals. These people also tend to be weaker in the world than their actual potential. Either they are unable to muster the energy to get things done, or they tend to be heady and pointed while doing them, rather than full and relaxed.

If you have trouble getting or maintaining an erection, or if your vagina tends to be dry and painful during sex, then you might benefit from strengthening your inhalation. Make sure that throughout the day, and especially during sex, your inhalations are full and deep. Draw the inhalation down the front of your body, expanding your belly with breath and filling your genitals with the inhaled energy. Your inhalation should be so full that you actually feel a pressure pushing into your genital region as the inhalation reaches its

brink. With each inhalation, feel as if you are priming the pump, filling the genitals and lower abdomen with energy.

Your exhalation releases energy. Men and women who are hyper-energetic and tend toward frequent but superficial orgasms tend to be weak exhalers. They have difficulty letting go and allowing the energy to circulate throughout their entire body and beyond. They are all too ready to be filled with energy, and then, because they are unable to easefully exhale the energy or circulate it, they become anxious about releasing it through other means. They tend to be easily angered, addicted to eating frenzies and orgasm-centered sex, and often look for other ways to blow off steam. Exhalation is a form of surrender. Emotionally, weak exhalers tend to be unsundered in the sexual occasion and thus unable to give and receive love with profound depth of feeling.

If you have trouble postponing ejaculation or participating in sex with deep emotional surrender, then you will want to practice strengthening your exhalation. Allow your exhalations to be long, slow, and full, really letting go of all of your breath, as if you were “dying” into bliss. As you exhale, release all hold on yourself so you feel you are giving yourself totally to the moment, to your partner, and to love. Surrender yourself more deeply with each full exhalation as you offer your gifts of energy and love to your partner. Release the breath from your whole body, including the lower part, so your belly and genitals feel fully released and given in love.

To summarize, weak inhalation means weak genital arousal. Weak exhalation means weak ability to circulate energy. If you want to increase genital arousal, emphasize inhalation. If you want to decrease genital arousal, emphasize exhalation. As you inhale, open yourself to fully receive love, life, and energy. As you exhale, surrender yourself, giving yourself totally, so that no love is left

ungiven. The sexual occasion provides an opportunity to practice these two primary emotional aspects of breath—reception and surrender—in an intensified fashion. Sex can fill you with so much love-energy that the pleasure and brightness becomes almost unbearable. Sex can also allow you such deep surrender that you let go of everything and give your gifts fully, offering every ounce of your love and energy.

As you practice filling and surrendering yourself through your breath during sex, you strengthen your capacity to do the same throughout the day. Your inhalations and exhalations become constant reminders to fill your body with love and energy and also to yield it all, giving your deepest gifts, holding nothing back—only to be filled again.

2 RETRAIN YOUR NERVOUS SYSTEM

To enlighten your sex, you and your partner can practice to effortlessly open as deep being while simultaneously circulating unobstructed energy. Passionate sexual desire is felt through as a transparent shimmering in the openness of being. Seeking resolves itself in an abundance of bright love.

A part of this practice is to retrain the nervous system using your breath. Most people have become accustomed to kisses and hugs, a few yanks or caresses, perhaps some licks and sucks, several minutes of warm and wet genital friction, and finally a burst of energy that releases into a peaceful, tension-free sense of relaxed depletion. This kind of sex is considered normal, even good. It is unfortunate that our culture leaves most people completely uneducated in the higher enjoyments and deeper blisses of sexuality.

In order to move to a new level of sexuality, you can retrain your nervous system. You can learn to relax your old tendencies of habitually building up and then releasing sexual tension. You can learn to use your breath to circulate unimpeded energy throughout your body and through every shade of your emotional spectrum all day. You can practice relaxing into the bliss of your deep being and then expressing it as love's light through the openness of your body. This entire process can be broken down into six steps:

1. Clear your nervous system of kinks.

Imagine energy flowing through the internal circuitry of your body like water flowing through a hose. If the hose becomes

kinked, the water flow is held back and only a trickle makes it through the obstruction. Meanwhile, water pressure builds up at the site of the kink, perhaps even springing leaks and squirting out senselessly.

As an example, suppose your father was loud and cruelly abusive to you as a child. First, you were frightened, and your vulnerable heart was deeply hurt. Second, you closed your heart, held your breath, and tensed your body to protect yourself from being hurt even more. Third, your body's energy ceased to flow freely in response to masculine energy. So your internal circuitry becomes blocked by an accumulation of fear, tension, and frustrated energy: you develop an emotional kink in response to loud masculine energy.

Now, as an adult, whenever you experience the sharp, demanding aspect of masculine energy—for instance, your lover raises his or her voice and tells you what to do—your energy gets blocked. Your kink stops it from flowing. Your heart closes, your breath tightens, and your body becomes tense.

Meanwhile, pressure builds up behind the obstruction. You may feel angry, confined, hateful. Your internal “hose” of energy is about to burst. If you are in a more masculine moment, you may strike out at someone or punch a hole in the wall. If you are in a more feminine moment, you are more likely to turn your anger inward and “strike in,” abusing yourself through overeating, overspending, or neglecting your responsibilities.

In addition to emotional kinks, you might have physical kinks. Perhaps through faulty exercise or inadequate breathing, you've developed rigidity in your belly. Your abdomen is no longer relaxed and open. Energy cannot flow through it. An obstruction like this can have a number of results: a lack of sexual desire;

an inability to achieve penile erection, vaginal lubrication, or orgasm; even a lack of assertiveness in social situations. Your rigid belly prevents the full force of energy from descending down the front of your body and giving you the power to act that you would otherwise have.

Besides emotional and physical kinks, mental kinks may also block your flow of energy. Perhaps you are obsessed, day after day, with certain sexual fantasies: being tied up and forced to have an orgasm, seducing your best friend's spouse, finding a lover who will never leave you. Or maybe you are stuck mulling over what someone said about you at work earlier in the day.

These mental kinks may obstruct your flow of internal energy, especially as your energy flow increases during sex. While you are trying to enjoy sex, your magnified sexual energy may get caught in dead-end loops of thoughts, hopes, and imagery, unable to complete the circuit of fullness throughout your entire body. Parts of your body may feel numb, tense, or painful. Sexually, your power will be absent and your pleasure will be thin. Your presence and love-energy will stay locked in your head, obstructed by the mental kink.

So, the first step is to unkink your emotional, physical, and mental obstructions. This can be done through many means. Because each person is unique, you must discover which methods work best for you. Usually a combination of techniques is most effective, and your daily practices may change over time as you grow and new stresses come and go from your life.

For instance, you might visit a psychotherapist to resolve some mother-issues that you can't seem to resolve on your own. In conjunction with this, you may use massage, hatha yoga, or tai chi to help open the channels of your body so your energy circulates